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Review Article

EXPLORING THE HEALTH BENEFITS AND THERAPEUTIC USES *OF AMRUTHOTHARAM KASHAYAM*

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ABSTRACT

Amruthotharam kashayam, or *Nagaradi Kashayam*, is prepared with three herbal remedies; *Haritaki (Terminalia chebula), Shunti (Zingiber officinale),* and *Guduchi (Tinospora cordifolia)* in 6:4:2 ratio. This formulation has the potential to treat numerous diseases. Comparing to the other drugs, the proportion of *Amritha* is higher than *Nagara* and *Harithaki*, hence the name *Amruthotharam Kashayam*. In various diseases with different *Anupanas* it is highly beneficial. *Amruthotharam kashayam* is an amazing formulation mentioned under *Kashaya Prayoga prakarana*. Through the qualities of *Rasapanchaka* and the synergistic impact of ingredients, *Amruthotharam Kashayam* effectively reduces *Ama* and raises *Agni*. When used logically with the right *Anupanas, Amruthotharam Kashayam* produces amazing results for a wide range of illnesses. According to classical literature, its *Anupana* is *Saindhava* (rock salt) and *Guda* (jaggery). However, this *Kashayam* can be made more effective by combining it with other medications during preparation, as in *Anaha* and *Gulma*- with *Hinguvachadi choornam*. Because *Hinguvachadi choornam* is mentioned in both *Agnimandya* and *Amadosha*, it will have an additional effect. Since *Amrithotharam Kashayam* possesses the properties of *Amapachana*, it is strictly prohibited to be consumed with *Ghrita. Avarti tailas* are also contraindicated due to their *Guruta* (heaviness). In Ayurvedic treatment, *Amruttotaram kashayam* is frequently used as a stand-alone medication for a variety of ailments.

INTRODUCTION

Amruthotharam Kashayam is a traditional Ayurvedic herbal decoction used to treat digestive disorders, to boost immunity and to detoxify the body. It is also known as *Nagaradi Kashayam* and is widely prescribed in fever, indigestion, and inflammatory issues etc. Although this formulation is not found in Brihatrayi, it is notably referenced in the Traditional Keraliya texts such as *Chikitsamanjari, Sahasrayogam* and *Sarvaroga Chikitsaratnam*. It is a combination of *Guduchi/Amritha (Tinospora cordifolia), Haritaki (Terminalia chebula),* and *Nagara (Zingiber officinale).* The ingredients of this formulation are easily available, easy to prepare and cost- effective. It has been one of the effective formulations during epidemic waves such as chikungunya and COVID-19.

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Amrithotharam Kashayam

Nagaramritha harithaki kramat
Nagahastham nayananghri bhaghasaha
Saadhusiddhamudhakam sa sarkaram
Nasayathyakhila doshajam jwaram

Sahasrayogam -Jwara chikitsa

The proportion of the ingredients in this preparation is described very interestingly. *Nagara, Amritha* and *Haritaki* are taken as *Anghribhaga* (one fourth part) of *Naga, Nagahasta* and *Naganayana* respectively. Here, *Naga* represents the eight elephants of *Ashtadigpaalakaas*. *Nagaram* should be taken as *Naga Bhaga*, that is 8 parts. *Amritha* should be taken as *Naga Hasta bhaga* which means hands (2+1 including trunk) that means 8x3=24 parts. *Haritaki* should be understood with *Nayanam* which means eyes (8x2=16) and should be taken as 16 parts. All three should be taken as *Anghribhaghasaha*, which means 1/4 parts. Thus, *Nagaram*-8x1/4=2 parts, *Amritha*-24x1/4=6 parts, *Harithaki*-16x1/4=4 parts.

Anupanam-Sarkara, Indication: All types of *Jwara* (fever).[1]

Amritharukazhanjaakku

Naal Kazhanju Kadukkayum

Chukku Randum Kashayathaal

Virechichozhiyum jwaram *(Sarvaroga chikitsaratnam)*

Amritha-6 *Kazhanju*=32.4gm, *Kadukka*-4 *Kazhanju*= 21.6gm, *Chukku*-2 *Kazhanju*=10.8gm Indication-*Virechanam* in *Jvaram.*[2]

Amritumaarukazhanjay, Rechaki Naal Kazhanjay Akhilamirukazhanjaay,

Kondu Pakwam Kashayam Gulalavana Sametham Tat Pibetaasutheerum

Paniyodu Malasangham Veekkavum Kamila Cha (Chikitsa Manjari)

Here *Rechaki* is *Haritaki* indicating the purgative effect and *Akhilam* is *Nagara*. *Gudam* (jaggery) and *Lavanam (Saindhavam)* are the *Anupana* mentioned. Indications: *Jwaram, Malabhandham, Sopham* and *Kamala.*[3]

Therapeutic Actions

Doshakarmam- Kaphavatasamanam, Tridoshaharam, Vatanulomanam Dhatukarmam- Rakta prasaadhanam

Agnikarmam-Deepanam, Paachanam Malakarmam-Virechanam

Srothokarmam- Srothovisodhanam, Lekhanam

DISCUSSION

Amruthotharam kashayam is an internally applicable formulation mentioned under *Kashaya Prayoga prakarana* of *Sahasrayogam*. In combination with other drugs, it can be used in manifold conditions as per the *Yukti* of the physician. According to the principles of Ayurveda, the basis for the use of a drug is by analyzing its *Rasapanchaka*, namely *Rasa, Guna, Vipaka, Virya* and *Prabhava.* Hence, assessment of *Rasapanchaka* is necessary for thorough knowledge of the drugs and its formulations.

Drug	***Rasa***	***Guna***	***Virya***	***Vipaka***	***Doshakarma***
Nagara	*Katu*	*Laghu snigdha*	*Ushna*	*Madhura*	*Vatakaphasamaka*
Haritaki	*Madhura Amla Katu Tikta Kashaya*	*Laghu Ruksha*	*Ushna*	*Madhura*	*Tridoshahara*
Amritha	*Tikta Kashaya*	*Laghu snigdha*	*Ushna*	*Madhura*	*Tridoshahara*

Synergetic Action of *Amritha, Nagara* and *Haritaki*

Through the synergetic action, it balances the bowel movement and improves metabolism. Here *Amritha* removes the ama by *Pachana* and thus reduces the body temperature by correcting the *Agni* in *Jwara*. It reduces tissue swelling and edema and relieves inflammation and pain[4]. *Haritaki* acts as *Anulomana* and *Nagara* acts as *Grahi*. Both *Nagara* (ginger) and *Haritaki* stimulate and support the digestive fire *(Jataragni),* promoting strong digestion and overall digestive health. It relieves the abdominal flatulence and colic arising from indigestion. At the same time, it rectifies metabolic disorders and improves liver function. Whereas *Harithaki*, one of the three herbs of *Triphala* is antiaging, rejuvenating, and acts as a mild laxative. *Ama* is mainly due to *Jataragnimandhya*. *Ama* is the cause for almost all the diseases like *Amavata*, *Grahani Dosha, Tamak Swasa* etc.[5]

Additional Ingredients in Specific Conditions

The formulation can be modified by adding *Rasna* to cure *Arthralgia*, as it alleviates joint pain and inflammation. *Punarnava* is effective in reducing swelling in *Sandhisopha* (joint swelling). Because of its diuretic effect and anti-inflammatory properties, it aids in the body's elimination of excess uric acid.[6] *Kiratathiktham* aids in managing intermittent fevers seen in conditions like SLE and RA[7] *Haridra* helps to reduce inflammation in conditions with elevated IGE levels.[8]

Role of *Anupana*: Generally, *Guda* is the *Anupana*. *Guda* eliminates the feces and urine by not excessively vitiating the *Kapha*. Thus, it presumably amplifies the impact of *Kashayam*[9] *Lavana* is *Vrushya, Hrudya*, and calms the *Tridoshas*. It has a mild *Madhura rasa*. It is *Deepana*, does not create *Vidaha* during digestion and is not very *Ushna* and good for the eyes. So, *Lavana* will add on the effects of *Kashayam*.[10]

Other *Anupanas* in Practice

In *Jwaram*- with *Vettumaran gulika, Chukkum thippalyadi gulika*

In *Anaha* and *Gulma*- with *Hinguvachadi choornam*.

In *Prameha* -with *Nisamalaki churnam*

In *Yakruth- pleeha Rogam*-with *Navayasam Gulika*[11]

If increased bowel movements are required in the above conditions, *Erandatailam* (castor oil) can be added, as it has natural laxative properties that helps to promote regular bowel movements and alleviate constipation[12]. In *Kriyakoumudi* it has been described in *Akhuvisha Prakaranam*. This *Kashayam* is beneficial in conditions like *Pratisyaya* and *Twakroga.*[13]

It is strictly prohibited to consume *Ghrita* because *Amrithotharam Kashayam* possess the *Amapachana* property.

External Application

The combination of *Amruthotharam Kashayam* taken internally with *Suryaprabha Gulika*, along with the external application of *Rasnadi Churnam*, exhibits *Kapha-hara* properties. This combination provides several health benefits, particularly in addressing and managing *Kapha* imbalances.[14]

In Ayurvedic practice, *Amruttotaram kashayam* is typically used as an independent medication for a variety of ailments. However, combining additional medicines with this *Kashayam,* during preparation or giving *Anupana* can enhance its effectiveness and make it more feasible for patients to take the medication easily instead of giving a set of medications.

CONCLUSION

Amruthotharam kashayam is a wonder formulation with easily available ingredients, cost-effective, and easy to prepare. It is an effective formulation in many types of *Jwara* like chikungunya, COVID-19, rheumatoid arthritis and skin diseases. *Amruthotharam kashayam* through *Rasapanchaka* properties and its synergetic effect of the ingredients proves to be effective in reducing *Ama* and thereby corrects the *Agni*. Logical usage of *Amruthotharam kashayam* with proper *Anupanas* gives immense results in a wide spectrum of diseases.

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